

Healthy Food Choices for a Healthy Lifestyle

Basic Food Supplemental Nutrition Assistance Program (SNAP)



You may qualify for the Supplemental Nutrition Assistance Program (SNAP) benefits if you meet the income limit listed below:

Household Size	Monthly Income Limit
1 person	\$1,962
2 people	\$2,655
3 people	\$3,349
4 people	\$4,042
5 people	\$4,735
6 people	\$5,429
7 people	\$6,122
8 people	\$6,815

How much could I receive?

Monthly benefits are based on how many people live in your household, your income, and living expenses.

To see what you may be eligible for, go to www.foodhelp.wa.gov and choose **Benefit Estimator**.

Scan with a mobile phone barcode reader:

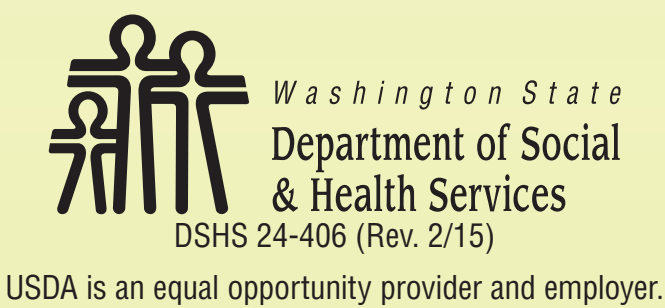


How do I apply?

The fastest way to apply is online at www.washingtonconnection.org

You may also apply at the nearest Community Service Office or by mail.

Scan with a mobile phone barcode reader:



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